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~~Sustained Natural
Apophyseal Glides~~

~~(SNAGS) SNAGS~~

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PRINCIPLES OF
APPLICATION

Thoracic spine
mobilization \ "Reverse

Nag \ " Mulligan

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Mulligan Technique

Reverse Headache

SNAGS SNAGS cervical
rotation **Neck Strain**

fixed with two Manual

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Reverse NAGs,
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**Therapy/Treatment of
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Unit 05 NAGS \u0026amp;

RNAGS- (Natural

Apophyseal Glides

\u0026amp; Reverse Natural

Apophyseal Glides) Self

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SNAGs self treatment

Lumbar Spine pain

stiffness

Mulligan Concept

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**The Best Manual
Therapy Techniques**

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This essential resource
for physical therapists
details the manual
therapy techniques used
in the Mulligan

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Concept, developed by
world renowned manual
therapist Brian

Mulligan. The Mulligan
Concept has become
one of the most popular
manual therapy
techniques for
musculoskeletal
disorders. It utilizes
NAGS (Natural
Apophyseal Glides),
SNAGS (Sustained
Natural Apophyseal

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Glides) and MWMS
(Mobilisations with
Movement), for the
spine and extremities
used to treat a myriad of
musculoskeletal ...

Manual Therapy:
NAGS, SNAGS,
MWMS | Brian
Mulligan | OTP
Brian Mulligan, FNZSP,
Dip MT, originated and
developed the concept

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of combining accessory mobilizations with physiological movements in the extremities (MWMs). In the spine, he promotes the use of natural apophyseal glides (NAGs) and sustained natural apophyseal glides (SNAGs).

Manual Therapy: Nags,
Snags, Mwms, Etc.:

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Paperback – 1 April

2019 by Brian R

Mulligan (Author) 4.7

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Manual Therapy, Nags,
Snags, MWMS etc:

Amazon.co.uk: Brian ...

The Mulligan Concept utilizes NAGS (Natural Apophyseal Glides), SNAGS (Sustained Natural Apophyseal Glides) and MWMS (Mobilisations with Movement) to treat a myriad of

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musculoskeletal
conditions. Written by
one of the world's
foremost experts of
manual therapy, Brian
Mulligan.

Manual Therapy:
NAGS, SNAGS,
MWMS etc.

Manual Therapy 'Nags',
'Snags' and 'Mwms' by
Mulligan, Brian R. and
a great selection of

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Manual Therapy Nags
Snags and Mwms by
Brian R Mulligan ...

Description. The
Mulligan Concept has
become one of the most
popular manual therapy
techniques for
musculoskeletal
disorders. It utilizes

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NAGS (Natural Apophyseal Glides), SNAGS (Sustained Natural Apophyseal Glides) and MWMS (Mobilisations with Movement), for the spine and extremities used to treat a myriad of musculoskeletal conditions.

Manual Therapy NAGS
SNAGS MWMS etc 7th

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Edition - New Therapy

Mulligan Concept.

Initially trained by

Kaltenborn, Brian

Mulligan took

traditionally sustained

translations and added

patient generated active

movement to achieve

pain free movement and

function. Brian

Mulligan's concept of

mobilizations with

movement (MWMS) in

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Mwms

the extremities and sustained natural apophyseal glides (SNAGS) in the spine were revolutionary due to this concurrent application of both therapist applied forces and patient generated movement.

Mulligan Concept »
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Manual Therapy

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NAGs and SNAGs are mobilisation techniques and are used as part of the Mulligan Concept. NAGs are used on the cervical spine (neck) as well as the upper thoracic spine (upper back). SNAGs are used throughout the spine, rib cage and sacroiliac joint (tail bone). They are also used to treat limb problems that have

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Nags Snags
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occurred as a result of spinal problems. SNAGs are gliding mobilisations and should be performed pain free. NAGs mobilise joints mid way through range of movement whilst SNAGs ...

Nags And Snags -
Manual Therapy -
Physiotherapy ...

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The official
International Web Site
The Mulligan Concept
of Mobilisation with
Movement (MWM) is a
unique manual therapy
treatment approach
combining mobilisation
with active movement
or function.

Fundamentally a
patient's pain,
restriction or functional
loss is eliminated when

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appropriate mobilisation
forces are applied
during movement.

Mulligan Concept -
Manual Therapy
"Manual Therapy
"NAGS", "SNAGS",
"MWMS", etc' (2003)
for Physiotherapists.
'Self Treatment for the
Back, Neck and Limbs'
for Public. Description.
NAGS- Natural

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Apophyseal Glides.
SNAGS - Sustained
Natural Apophyseal
Glides. MWMS-
Mobilization with
Movements.

Mulligan Concept -
Physiopedia
Plane View Services
was first established by
Brian Mulligan, the
developer of the
Mulligan Concept of

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Manual Therapy in
1984. The company was
created to sell Brian's
textbooks on his concept
“Manual Therapy
NAGS, SNAGS PRP's
etc” and “Self
treatments for back,
neck and limbs.”

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We sell the official
mobilisation

MULLIGAN™ belt,
Lumbar straps, Cervical

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Straps, the book Manual Therapy, NAGS, SNAGS, MWMS etc. and the book Self Treatments for Back, Neck and Limbs – A new approach. You can buy the products in different packages, which you'll find on the 'Shop' page. Need more belts than 3? Then please e-mail us.

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Manual Therapy Nags,
Snags, MWMS (853-7)

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latest edition contains new and revised information including MWMs for the shoulder girdle. When applied correctly, they can significantly reduce joint pain and increase spinal rotation. The techniques are also effective treatments for patients with pain or stiffness of Cx 5/6 and Cx 6/7 origin.

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Brian R. Mulligan

About the Author Brian
Mulligan originated and
developed the concept
of combining accessory
mobilizations with
physiological

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movements in the
extremities (MWMS). In
the spine, he promotes
the use of natural
apophyseal glides
(NAGs) and sustained
natural apophyseal
glides (SNAGs).

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therapy techniques were
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